

My

AWESOME

Book of Me

Planning Journal

My name is: _____

What I like being called:

Date: _____

This booklet was prepared by:

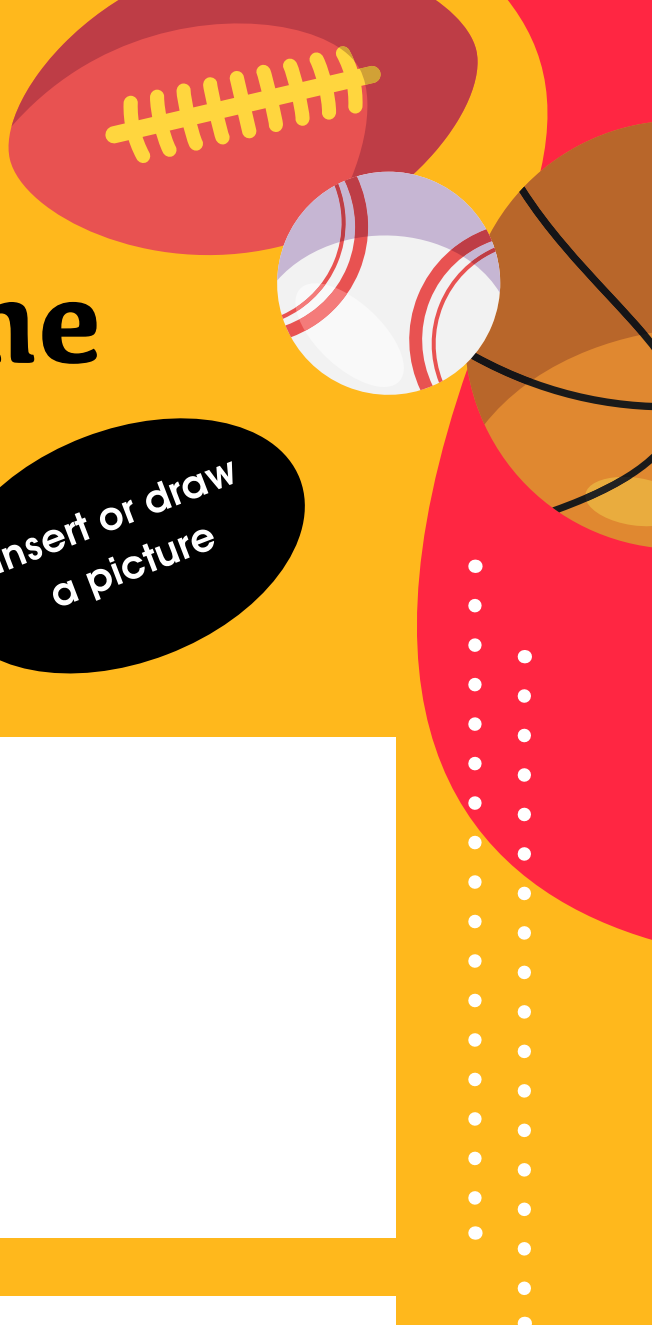


Some big, wonderful
Pictures of me

Insert or draw
a picture



*You got
this!*





Examples

loud

amazing

funny

natural

creative

thoughtful

daring

musical

heroic

passionate

strong

generous

thinker

kind

musical

decisive

dramatic

truthful

empathetic

sporty

artistic

adventurous

intelligent

loyal

loving

entertaining

talented

engaging

good friend

creative

unique

calm

truth teller

reliable

determined

helpful

resilient

gentle

brave

Super Awesome Things About Me

Add your own words, as many as you like!



Gifts of my Head, Heart & Body

A collection of 12 white, rounded rectangular shapes arranged in a 4x3 grid on a green background, intended for writing answers.

See examples on following page

My Culture

Where I am from _____



Languages I speak

Important things about
my culture

My spirituality

Traditional days
/celebrations

Where is your Father's mob from?

Where is your Mother's mob from?

Colour in or
mark the area
you are from



**Things I want to know
more about my culture**

Who can help me with this?

My DREAMS

DREAM. iMAGINE. BELIEVE

Dreams for myself and/or my family and loved ones' dreams for me

Who Is In My Life Now

Me

Family / Carers

Neighbours + Community

Doctors + Specialists

Sports Coaches/Teams

Therapists/Support Workers

Friends now

**Friends I would like
to see again**

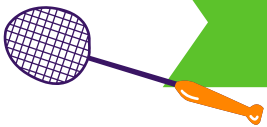
**Favourite subjects
at school**

**Where I know
my friends from**

My hero is

My nickname

My favourite things



book _____

place _____

song _____

sport _____

movie _____

make up _____

food _____

tech _____

game _____

social
media _____

clothing _____

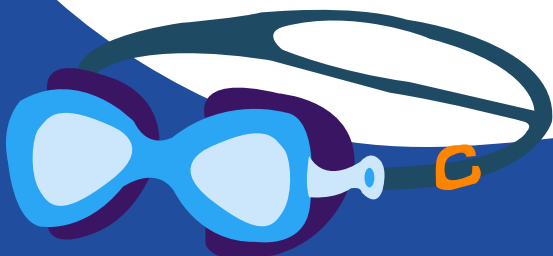
animal _____

drink _____

person _____

My likes

My Dislikes



Family/Carer thoughts

THINGS WE LOVE

What are your favourite things about:

What are their gifts?



Things I like doing

*Aim
high*

Write some
of your own

See examples on following page

Examples

kicking goals

painting

gardening

camping

sport

playing an
instrument

essays

the beach

board games

writing songs

cooking

pizza

massages

dancing

reading

loud music

sunsets

exercise

trivia

drawing

inventing
things

sleeping

lego

puzzles

travelling

science

Things I don't like doing



Write some
of your own

See examples on following page

Examples

team sports

brushing my teeth

chores

brushing my hair

exercising

cleaning up after pets

worrying

eating vegetables

haircuts

going shopping

math

tidying my room

loud people

waking up early

cooking

making my lunch

homework

washing my hair

More about me

Things I like to think about:

What's important to me?

Things I don't want to forget:

Things I'd like to change:

My week

Every day is a new day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Put a ✕ next to things you don't like so much.

Put a ☆ next to things you really like doing in your week.

What my day usually looks like



Time

Activities

Wake up

Morning

Afternoon

Evening

Bedtime

What's not working

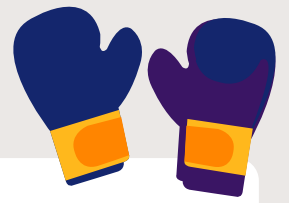
What do I need more help with?

Who can help me with this?



Everyone needs help, sometimes...!

Decisions I MAKE



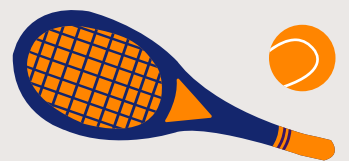
A large, empty white rectangular box for writing.



Decisions MADE WITH ME

A large, empty white rectangular box for writing.

Decisions MADE FOR ME



A large, empty white rectangular box for writing.

What makes me feel...?

Happy

Bored

Sad

Scared

Angry

Sick

Unsafe

Safe

How Do I let you know I feel?

(Ways I Communicate – can be words, gestures , behaviour, expressions, sounds)

Happy

Bored

Sad

Scared

Angry

Sick

Unsafe

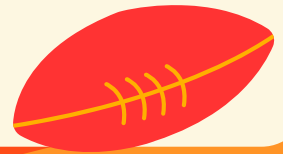
Safe

**What does my life
look like in the future?**

DREAM. PLAN. REACH



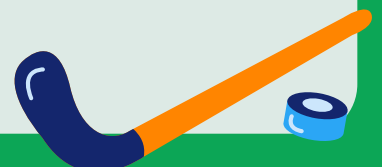
Promises to myself



Goals I want to achieve



**Who and what type of help
do I need with these?**





Examples of promises

I will go for a walk with my dog each day.

I will go for a swim on the weekend.

I will choose healthy options.

I will ask for some help when needed.

I will spend less time on screens and devices.



Examples of goals

I will swim once a week for one hour to improve my fitness.

I will organise and tidy my room once a week.

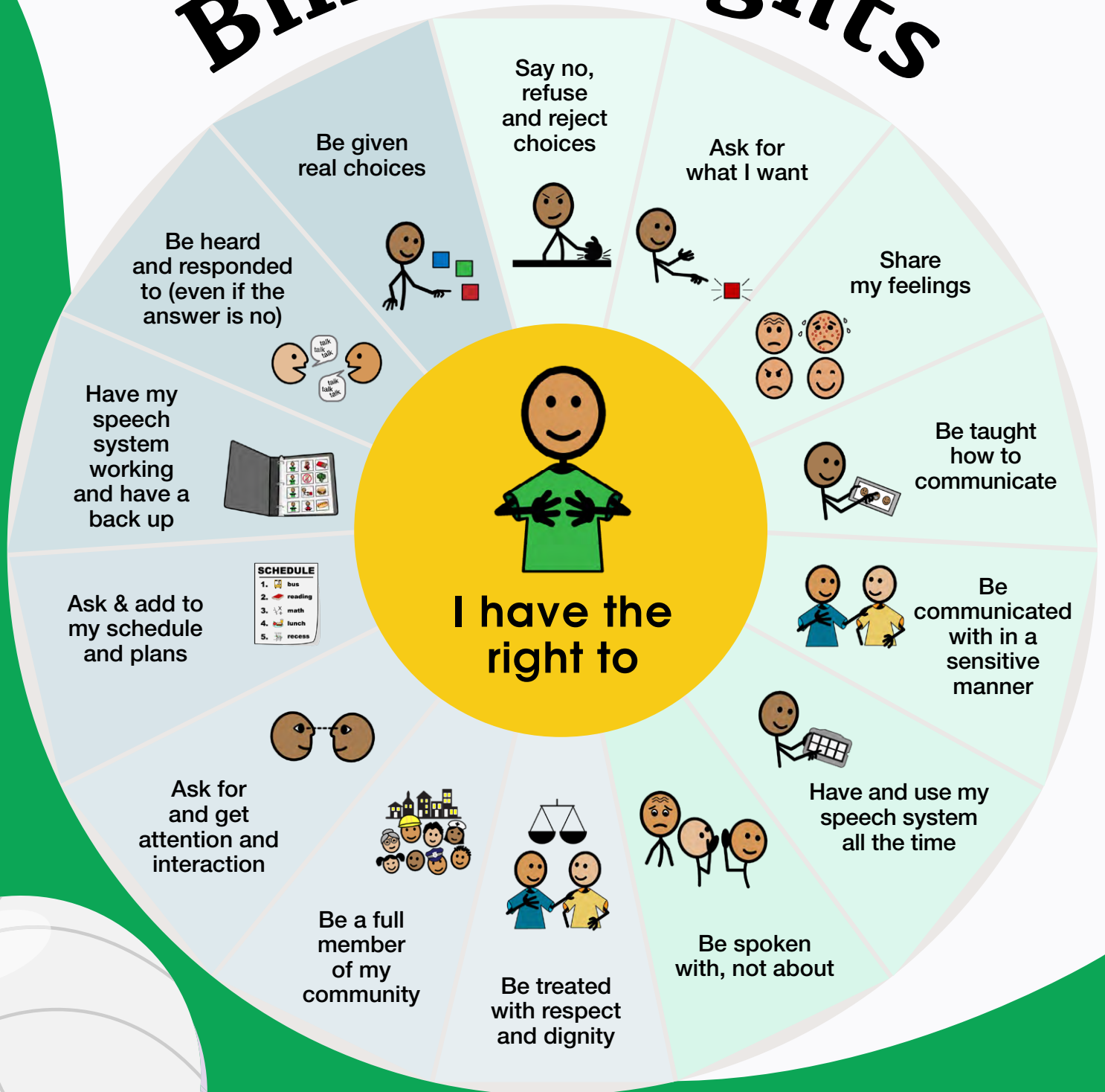
I will get dressed and ready each day by myself on time for school.

I want to read more books and will spend half an hour reading each day.

I will plan to meet with my friends in the school holidays.

My Communication

Bill of Rights



Principles of Choice

- 1.** I have the right to make choices throughout my day
- 2.** I have the right to be who I choose to be
- 3.** I choose my hopes, dreams and goals
- 4.** All my choices start with my ideas
- 5.** I make better choices if I have had a chance to try lots of options
- 6.** My experiences may be limited by money, experience, or what is possible – but they should not be more limited than others just because I have a disability
- 7.** Let me make my own choices as far as I can
- 8.** Support me if I need help making my choices or making my choices real
- 9.** Choice is a journey, it never stops

Source: It's My Choice! - The Principles of Choice
(Inclusion Melbourne and RMIT University)



Notes



Notes



Notes





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Department of **Communities**

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